How Can Autism Nutritional Therapy Alleviate Symptoms of Autism?

Often referred to as Vitamin C, ascorbic acid is water-soluble and a strong antioxidant. Unfortunately, ascorbic acid deficiency is far too common in children on the autism spectrum.

Vitamin C helps prevent or improve colds, and it can lower oxidative stress when the body is struggling to handle free radicals (creating imbalances between antioxidants and radicals).

This article will explore ascorbic acid deficiency in children with autism, including what can be done to resolve this common health challenge.

What Are Some Nutritional Sources of Ascorbic Acid?

To increase vitamin C levels, children with autism can consume fruits and vegetables such as spinach, cauliflower, bell peppers, citrus, strawberries, bananas, potatoes, tomatoes, cherries, and more.

Eating citrus like oranges or grapefruit is a better option than squeezing and drinking juice from the fruit alone. This is because there are significantly higher amounts of vitamin C in the fruit itself than in the liquid. Eating fruit rich in vitamin C is also more helpful because vitamin C oxidizes upon exposure to oxygen (meaning while baking, cooking, freezing, or thawing).

Although dietary supplements can contain ascorbic acid, they should only be used if there is a deficiency present. Once this is confirmed, supplements may be consumed daily.

Read more about supplements for autism symptoms.